

Personal Readiness = Mission Readiness

Coast Guard families face special challenges from deployments, relocations, health issues, family separations, financial hurdles, and other obstacles unique to the military lifestyle. The goal of the Work-Life program is to promote healthy work/life balance by providing our people and their families with quality information so that they can make informed decisions. Your Work-Life office provides training, direct support, crisis response, resource referral, counseling and coaching, and guidance to ensure that you and your family are best equipped to manage the challenges of the Coast Guard lifestyle. To request assistance, contact the office nearest to you, or call the appropriate specialist directly. We look forward to serving you.

Base LA/Long Beach Work-Life Division

USCG Base San Pedro
BLDG 38
1001 S. Seaside Avenue
San Pedro, CA 90731
310-521-6125 (office)
310-521-6139 (fax)



Work-Life Detachment San Diego

USCG Sector San Diego
Tracy Hall (BLDG C)
2710 North Harbor Drive
San Diego, CA 92101
619-278-7117 (office)
619-278-7127 (fax)



Work-Life Staff Contact Info

Work-Life Supervisor:

LT Lori Tillman 310-521-6126

Administrative Assistant:

YN1 Nicholas Vanderjagt 310-521-6125

Chaplain:

LCDR Daniel Owens 619-278-7116
619-246-6371 (c)

Employee Assistance Program Administrator:

Tiffani Collier 310-521-6136

Family Advocacy Specialist:

Felice Roth 310-521-6133

Family Resource Specialist/Special Needs Coordinator:

Locksley ("Tony") Haynes 310-521-6134

Transition and Relocation Manager:

Jennifer Conole 619-278-7117

Health Promotion Manager:

Cynthia Castellon 310-521-6131

EAP/CG SUPRT

855-CGSUPRT

PACAREA Legal

510-437-5891

Tri Care Service Center

888-874-9378

National Work-Life Center

800-872-4957

EXT: 311

Base LA/LB Officer of the Day 310-345-5941

Sector San Diego OOD 619-666-7448



**District 11 South
So. California, Arizona,
Nevada**

Base LA/Long Beach
Work-Life Division
310-521-6125

EAP Administrator

The EPA is the **CONFIDENTIAL** field point of contact for work, personal and family issues. EPA works to provide necessary resources. Also provides subject matter expertise, **training, counseling and information/referral** in the following areas:

- Suicide Awareness/Prevention
- Critical Incident Stress
- Workplace Violence Prevention
- Sexual Assault Awareness
- Sexual Assault Counseling
- Gambling/Process Addictions
- American Red Cross Services

Family Advocacy Specialist

The FAS helps members and their families **prevent and resolve domestic violence**. This includes but is not limited to providing referrals, overseeing treatment, and advising commands. Areas of focus include: physical/emotional partner abuse, child abuse/neglect, elder abuse and parent abuse. Training and subject matter expertise is offered in all areas related to **family relationships**. The FAS also provides **career counseling** utilizing the Myers-Briggs Type Indicator (MBTI) and the Career Directions Inventory (CDI).

EAP Program

Phone Number: (855) CG SUPRT

This free and confidential number is available 24 hours a day, 7 days a week. This service provides support for USCG members, their families, and civilians in the following areas:

- Family/relationship problems
- Financial consultation
- Legal issues
- Alcohol abuse
- Crisis Management
- Health Coaching

Whether you are calling for a management consultation, counseling, or legal and financial advice, the EAP staff is eager to assist you.

For more information you may visit

www.cgsuprt.com

Transition and Relocation Manager

The TRM manages the Transition Assistance Program (TAP) and provides assistance with preparing for **separation or retirement** from the Coast Guard. The TRM assists members and families during the **relocation** process with local area information including **spousal employment** assistance. Additionally, the TRM provides **financial counseling and education**. Also manages the area **Ombudsman** program.

Family Resource Specialist

The FRS manages the **Special Needs Program**, provides Command consultation, and is a supporter for special needs families. The FRS will contact the detailee to ensure that proper services and resources are readily available prior to PCS assignments. The FRS also coordinates the In-Home **Family Child Care Program** and provides assistance and subject matter expertise on (but not limited to):

- Adoption Reimbursements
- Elder Care Options
- Family Member Scholarships/Grants/Loans
- Child Care Subsidies
- Family Care Plans

Health Promotion Manager

The HPM educates, supports, and encourages Coast Guard members and their families in all areas related to **health and well-being**, with emphasis on:

- Physical Fitness
- Nutrition and Weight Management
- Stress Management
- Tobacco Cessation
- Cardiovascular Health
- Substance Abuse Prevention